Social Skills Outside Practice Record

Refusing Unwanted Sexual Advances

The steps are:

Step 1. Using a firm voice, tell the person that you are not interested in having sex.

Step 2. Depending on your relationship with that person, explain why you feel that way.

Step 3. If the person does not listen and continues to pressure you, leave the situation.

Name: ___________________________  Date Assigned: _______________________

Person Assisting with Outside Practice:

Skill Being Practiced:

Brief description of assignment (my plan):

Date practiced: ______________  Location: ____________________

Briefly describe what took place:

How effective were you at using the skill during the outside practice? Please check one:

___ 1. not at all effective
___ 2. a little effective
___ 3. moderately effective
___ 4. very effective
___ 5. highly effective